

WHAT IS CLAIMED IS:

1. A method of measuring cognitive efficiency in a human including performing only four cognitive tests including a Simple Reaction Time test, a Running Memory Continuous Performance test, a Matching to Sample test, and a Mathematical Processing test.
2. A method of measuring cognitive efficiency in a human as set forth in claim 1, wherein the cognitive tests are performed in the order listed.
3. A method of measuring cognitive efficiency in a human as set forth in claim 1, wherein the cognitive tests are preceded by the steps of performing a Stanford Sleepiness Scale test and a Mood Scale 2 test.
4. A method of measuring cognitive efficiency in a human as set forth in claim 1, including the steps of administering and scoring the cognitive tests by a computer, and storing the scores received on the cognitive tests in the computer.
5. A method of measuring change in cognitive efficiency in a human including:
performing only four cognitive tests; and, comparing scores received on the cognitive tests to a baseline.
6. A method of measuring change in cognitive efficiency in a human as set forth in claim 5, wherein the step of performing cognitive tests include performing a Simple Reaction Time test, a Running Memory Continuous Performance test, a Matching to Sample test, and a Mathematical Processing test.
7. A method of measuring change in cognitive efficiency in a human as set forth in claim 6, wherein the cognitive tests are performed in the order listed.

8. A method of measuring change in cognitive efficiency in a human as set forth in claim 6, wherein the steps of performing cognitive tests are preceded by the steps of performing a Stanford Sleepiness Scale test and a Mood Scale 2 test.
9. A method of measuring change in cognitive efficiency in a human as set forth in claim 5, including the steps of administering and scoring the cognitive tests by a computer, and storing the scores received on the cognitive tests in the computer.
10. A device for measuring change in cognitive efficiency in a human including a memory, a battery of cognitive tests loaded into the memory including a Simple Reaction Time, a Running Memory Continuous Performance Task, a Matching to Sample, and a Mathematical Processing Task; a baseline stored in the memory, means for computing a score on a run of the tests and for storing the score in the memory; the means for computing being operative for comparing the score to the stored baseline; and means for indicating a cognitive change from the baseline.